

Amendments to the Specification:

Please replace paragraph [0032] with the following paragraph:

[0032] The long legs 38 are perpendicularly attached to the bottom surface 36 of the mat base 32. This will provide resilient support for the mat base 32. The short legs 40 are perpendicularly attached to the bottom surface of the mat base 32. The long legs 38 and the short legs 40 are adapted to provide a selected mat compression when a load is applied to the top surface 34 of the mat base 32. The combination of long legs 38 and short legs 40 causes the mat 30 which is constructed from hard rubber to feel and function as if it were constructed from a softer, more compressive rubber. ~~As can be seen in Figures 2, 3, 4, 5a-5c, and 7, the long legs 38 and the short legs 40 are stud shaped.~~

Please replace paragraph [0036] with the following paragraph:

[0036] The grit trenches 64 are embedded within the top surface 34 of the mat base 32. The grit trenches 64 are intended to hold grit 70. Each grit trench 64 has two ends 66. Each end 66 has an open end 66, as shown in Figure 1. ~~As shown in Figures 1, 6, and 8-10, each end 66 is~~ bounded by an upstanding nubby retention lip 68 forming a dam for retaining adhesive 72 and grit 70. The retention lip 68 prevents the adhesive 72 from flowing out of the grit trench 64, while the adhesive 72 is in a liquid form. This enhances the ability to selectively place grit 70 upon the top surface 34 of the mat 30.